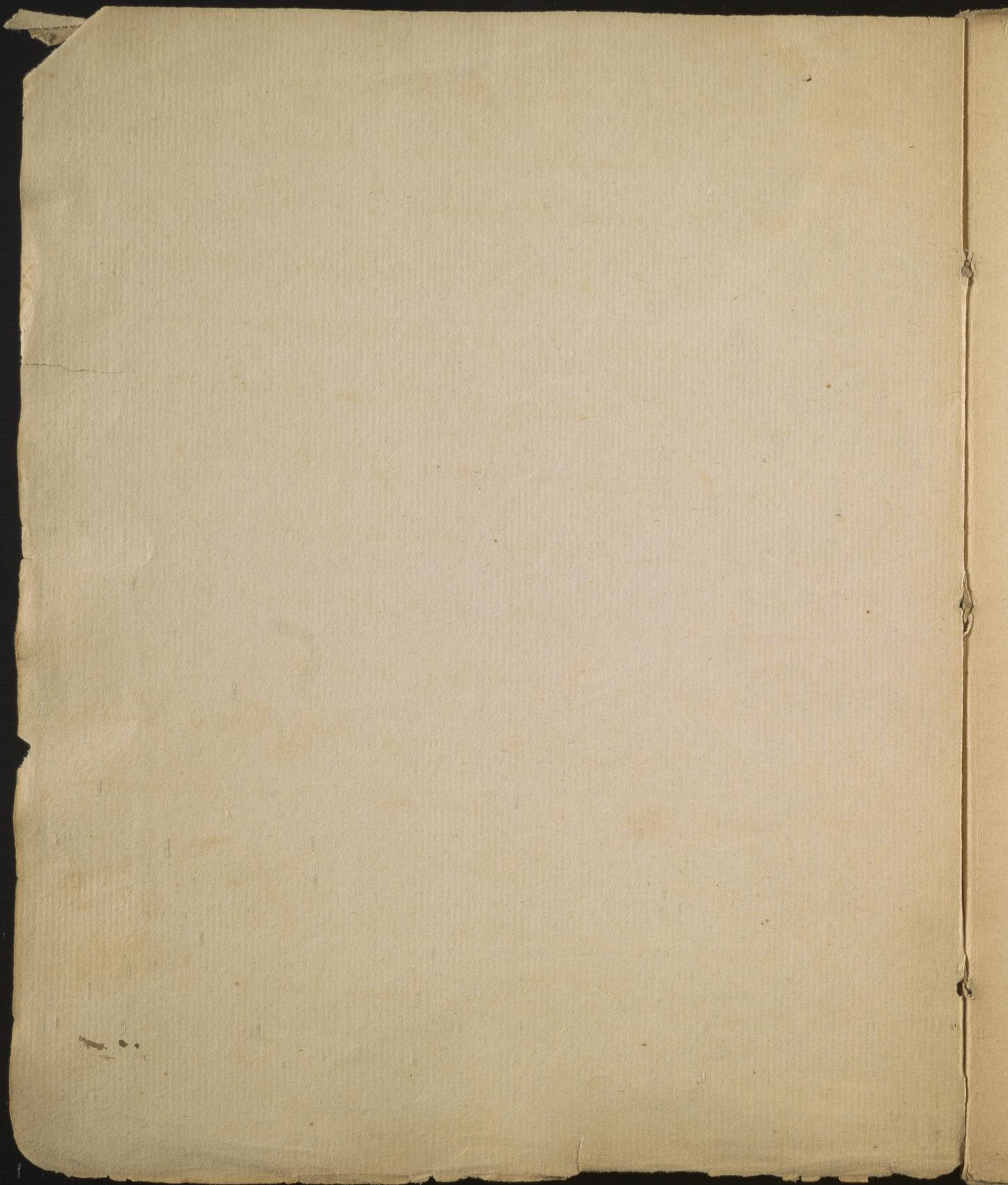


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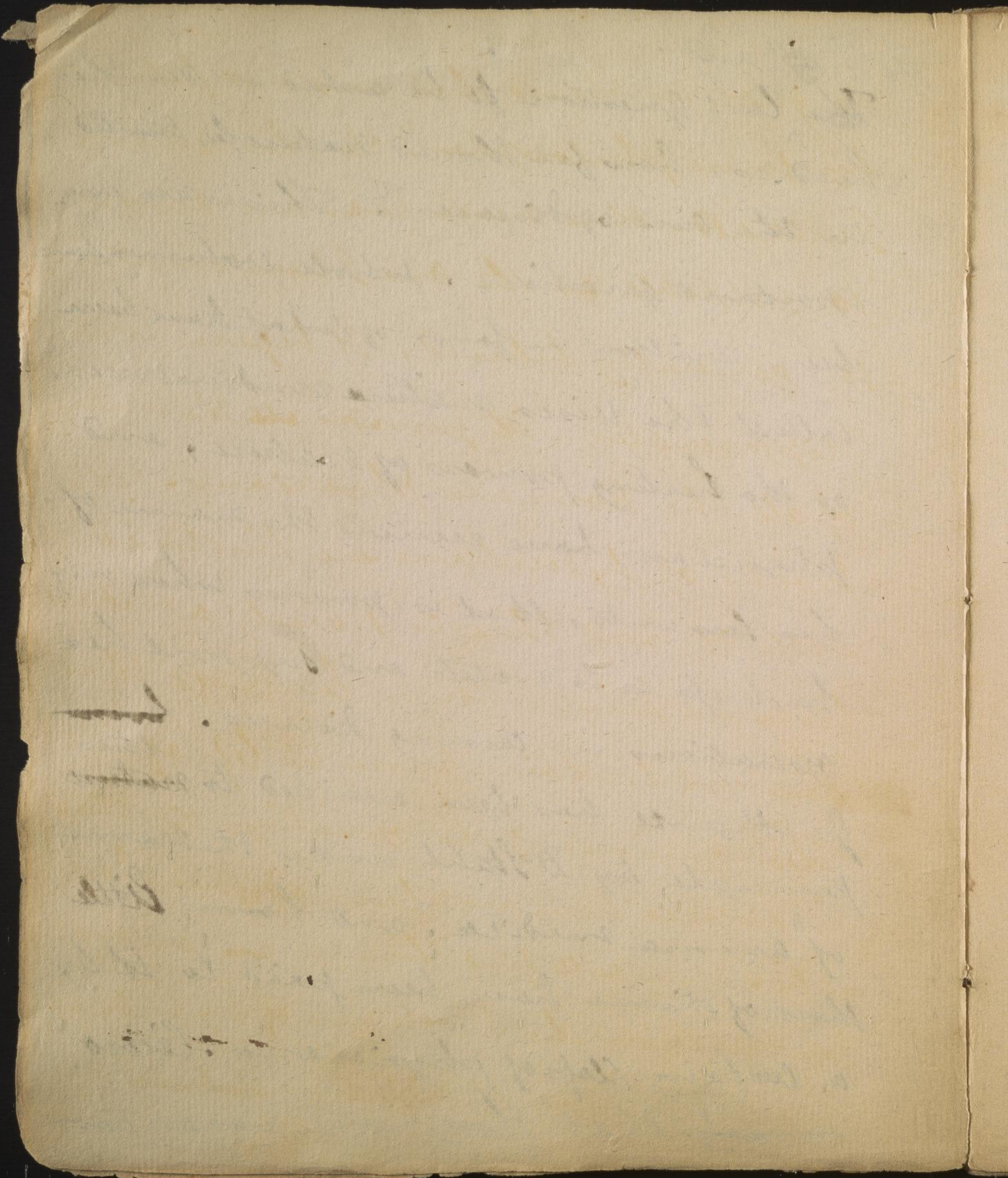
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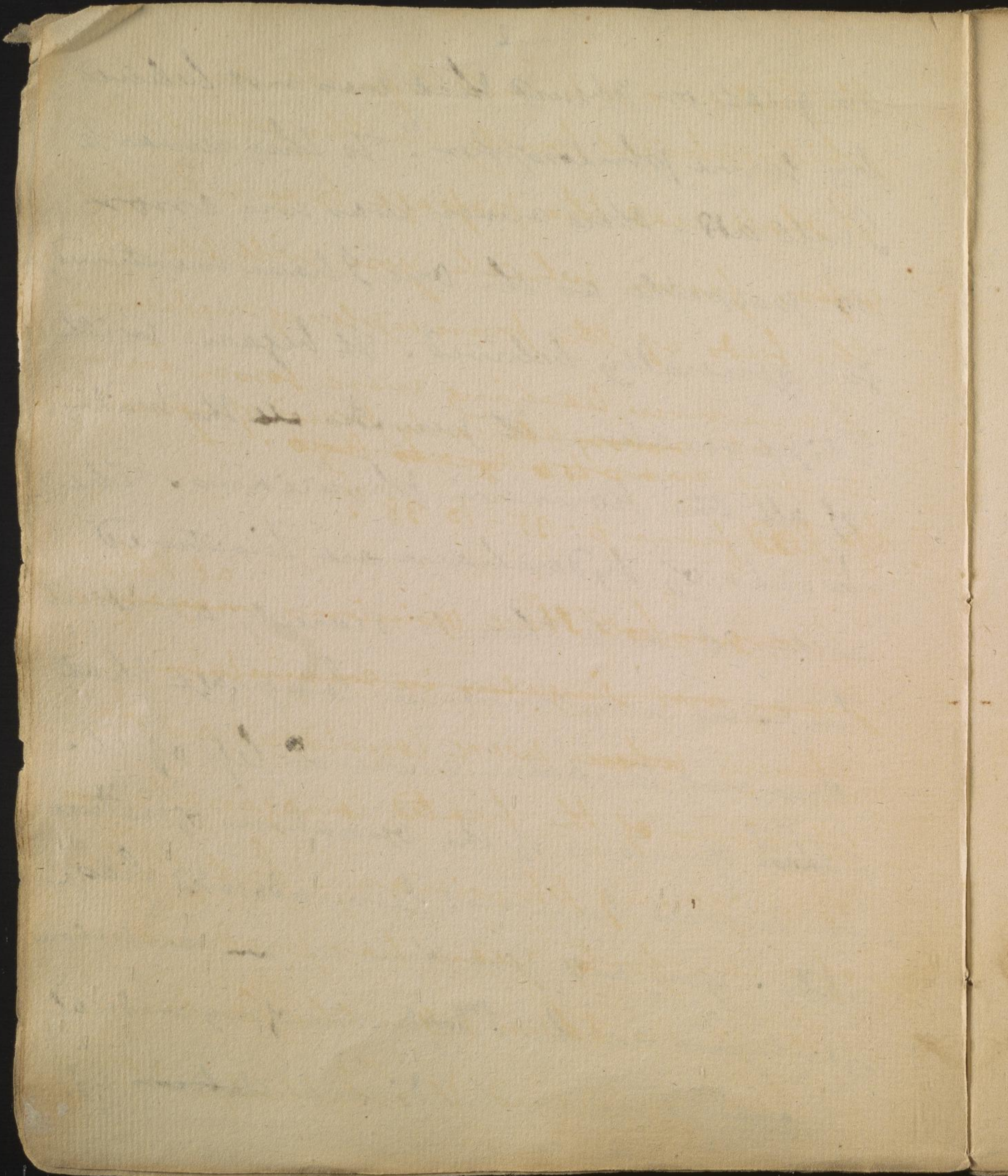


The 4th and

The last question to be asked under this head is, how far should nature be trusted in the cure of diseases? This is an important question, whole volumes have been written in favor of what have been called the "vires naturae medicatrices", or the healing powers of nature, and physicians have received the name of her servants, that is, persons whose only business is to watch and support her operations in curing diseases. ~~from~~ This intelligence has been ascribed to ~~nature~~ ^{this} principle by Dr Stahl under the name of "anima medica" and honors little short of divine have been paid to it by a certain class of physicians. Cicero remarks that there never was an error



so great or absurd that was not believed
 by some philosopher." To this remark
 I will add - there never was an error
 so palpable as the one I have mentioned,
 so generally believed. It began with
 Hippocrates, - it prevails ~~all~~ the writings
 of all the Roman physicians. The
 works of Sydenham are tinged
 with it, and there is scarcely a medical
 book in any modern language that
 does not contain more or less of it.
^{my}
~~These~~ opinions of the operations of nature
 in diseases have not been adopted has-
 -tily. You will find them in an edition
 contained in the 1st volume of my medical
 inquiries upon the diseases ~~debiles~~ of



3
the Indiana delivered before the American
Philosophical Society in the year 1772.
I shall read the passage to which I
refer, from which you will see that
the seeds of the principles of medicine
I am now teaching were sown in my
at ~~very~~ ^{at} early period of my medical
mind ~~was~~ ^{was} ~~at~~ ^{at} ~~that~~ ^{that} ~~time~~ ^{time} ~~ago~~ ^{ago}.
life ~~Read~~ from p: 35" - to 38"

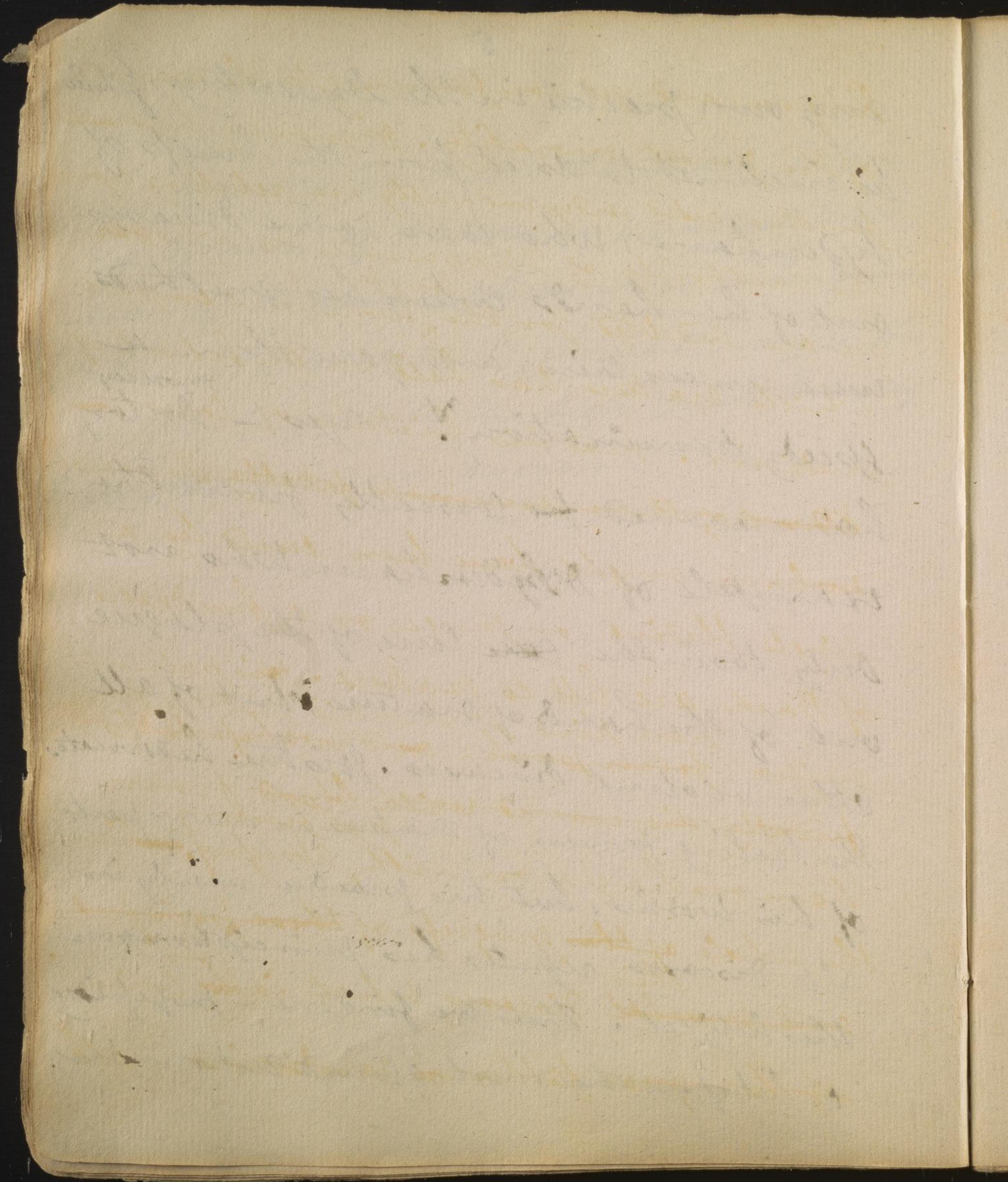
~~Unchanged~~ These opinions ^{at their} ~~very~~ ^{at their}
~~I am not singular in maintaining~~
delivery ~~which~~ were considered as the
effusions of the heated imagination
of a young physician, - but the lapse
of near forty years has produced no
change in them; on the contrary
it has confirmed & established them,

✓ Sir John Pringle in describing
a fever which prevailed in the British
Army writes as follows "In general
the fever was most frequent among the
poor who lay upon ground floors, and
wanted medicines, and in whom nature
was either ^{too weak} to make no cures, or but slow
and imperfect ones".

in my mind. ⁴ Since that time I have
had the pleasure of finding my opinions
supported by several respectable physi-
cians. Dr Willis in speaking of the
plague says "The plague has this pecu-
-liarity in it, that the Cure should not
be left to nature, but we must ^{fight} against
it always with remedies taken from
Art." Dr Boerhaave in speaking of nature
has the following words "Whatever may
be the necessity of one evil in the works
of nature, to remove another, or the utility
of such remedies as fevers of which people
die, I am of opinion that diseases should
seldom be left to nature, & were I not
confirmed in this opinion by my

V For my part adds the doctor, I have
no opinion of nature as a medical despot,
nor of obsequious physicians as her minis-
ters, which may be thought heresy in the
temple in which the high priest himself
says "nature cures diseases".

my own practice in the Dysentery, I should
 be inclined to do it from the success of
 Sydenham, who took some diseases
 out of her hands when her methods
 were uncertain, and gave them a
 speedy termination. ^{moreover} - Yes - Doctor
 has reasoned so correctly from the
 example of Dr. Sydenham who not
 only took the ~~care~~ cure of the plague
 out of the hands of nature, but of all
 other violent diseases. It is true he advocates
 the healing powers of nature in many parts
 of his works, but his practice nearly in
 all diseases refutes his principles upon
 this subject. Thus we find ~~more~~ propounding
 a belief in the most absurd notions in

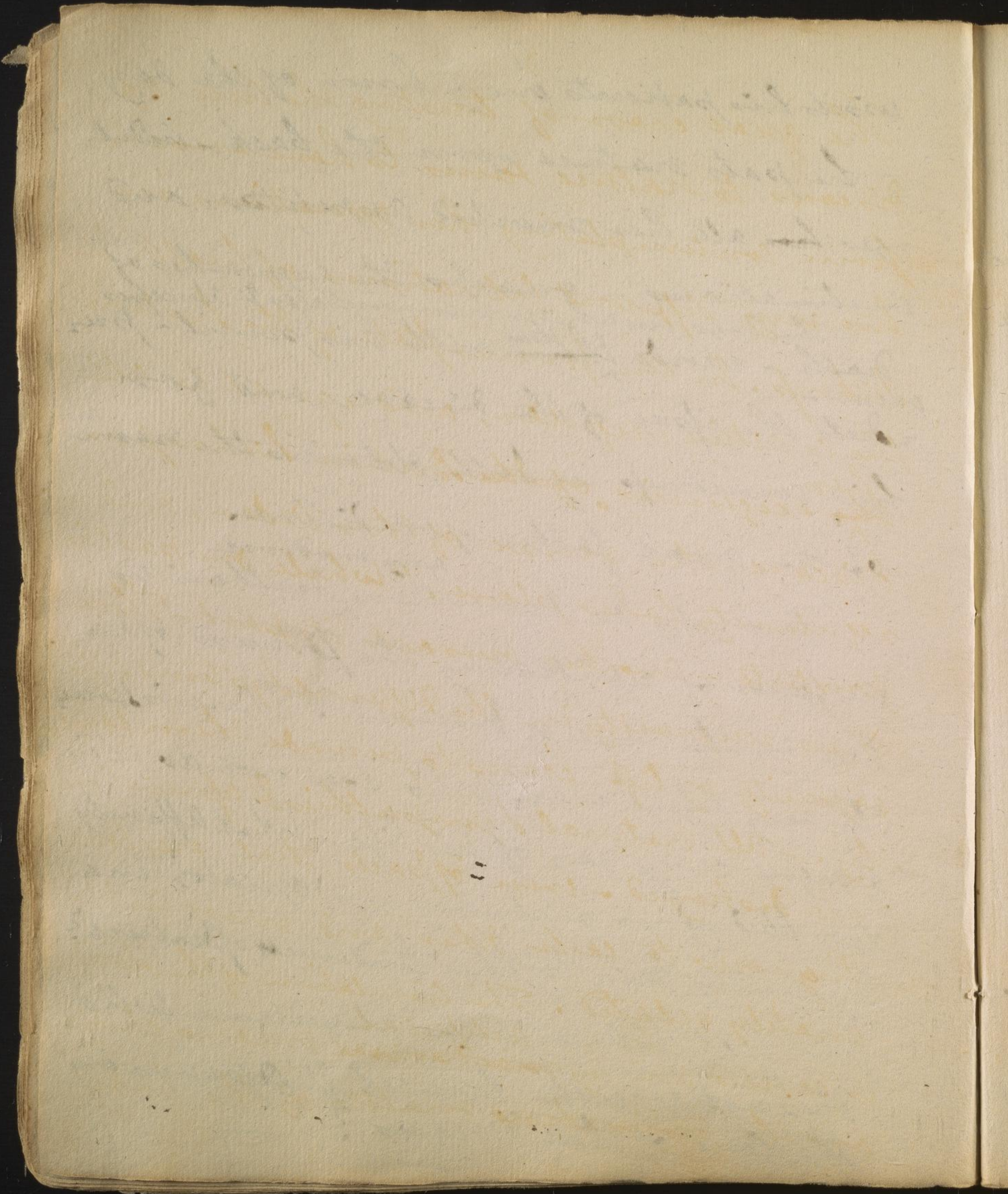


Religion, and yet conforming to the precepts
 of the purest morality. As surely has ~~not~~
 further acted independently in rebelling against
 the authority of Hippocrates to whose
 we are indebted for the ^{long &} universal empire
 which nature has held in the schools of
 medicine. Read his histories of Cases. ~~See~~
~~Most of them terminate fatally.~~ Diseases
 which might have been cured by a
 single bleeding, or purge, or a few doses
 of Bark are left to nature. His patients
 suffer ^{every kind of morbid distemp.} ~~from~~ ~~from~~ ~~from~~
~~finally die covered with blood from~~
~~hemorrhages, or with~~ ^{pus from} Abscesses. During
 the whole of ~~this~~ progress of ~~these~~ ^{his} painful
~~and mortal~~ ^{their} diseases, what is ~~the~~ ^{his} conduct
 of ~~the~~ ^{his} great father of medicine? He

visits his patients every hour of the day,
- he pats nature upon the back - indul-
-ges her all her morbid appetites, and
inclinations - marks the approaches of
- the days on which hemorrhages & abscesses
Death - words ~~from~~ ^{them} with his pencil - pre-
dicts the issue of the disease, and for
his correctness in both, obtains the name

of the great father of medicine.
any modern
authorities

But why do I mention
in favor of repudiating the power of na-
- here in the cure of diseases? There is scarce-
- by any physician who does not do it in
a degree, every day of his life. What affinity
does bleeding in a pleurisy and opriates in a
Dysentery bear to the tendency of nature?
And yet where is the physician who
does not use the lancet & Opium in
the cure of those diseases? —



The great error of trusting the cure of
 diseases to nature seems to have arisen
 from contemplating her operations in
 two very different situations of health &
 sickness. In the former state of the system,
 she is active, regular, and equal to all
^{her} exigencies. ~~of the~~ But in sickness or
 disease, the reverse of this order, and
 regularity takes place. "While one part is
 prostrate - another overacts its part - There
 is no reciprocity in the different systems. The
 capacity of life ceases to pervade them equal-
 -ly. - All natural sympathies & associations
 are destroyed - even of parts that are con-
 -tinuous to each other, and most inti-
 -mately related. The circulation of the blood
 is carried on by ^{artificial} ~~mechanical~~ means chiefly,
 and the ~~innate~~ matter of the body

V This is a ~~view~~ of the condition of the
System under the direction of "disordered &
debilitated nature" in most of diseases, but
to show in a more striking light ~~the~~ ^{her} the
impotence, the Delirium, and the frantic
operations of nature, ^{in medicine} I shall mention
the state of the body under her direction in
a violent bilious fever. Behold her! thun-
-dering and oppressing the brain with too
much blood, - inverting the natural order
of the stomach and bowels, - rending and
tearing the ^{blood, and} blood vessels to pieces, weakening
or annihilating the senses, ^{paining} ~~stomach~~ one
part of the skin with the painful degrees of
^{heat} ~~hot~~, and another part with ^{of it with} the painful degrees
of cold at the same time - bathing the body
with insupportable sweats, and finally destroying
life with a sudden and general Convulsion. This

not only loses its animation, but its
animalized qualities, and partakes of
most of the properties of what is called
dead matter." [✓] In short in all violent
diseases, nature is appalled, or like a dunn-
-ken man in a dark room reels to and
fro without being able to discover either
window or door, or if by accident, he
reaches one of them, he shambles against
it with so much force, and as to break
both it, and his neck together. [✓]

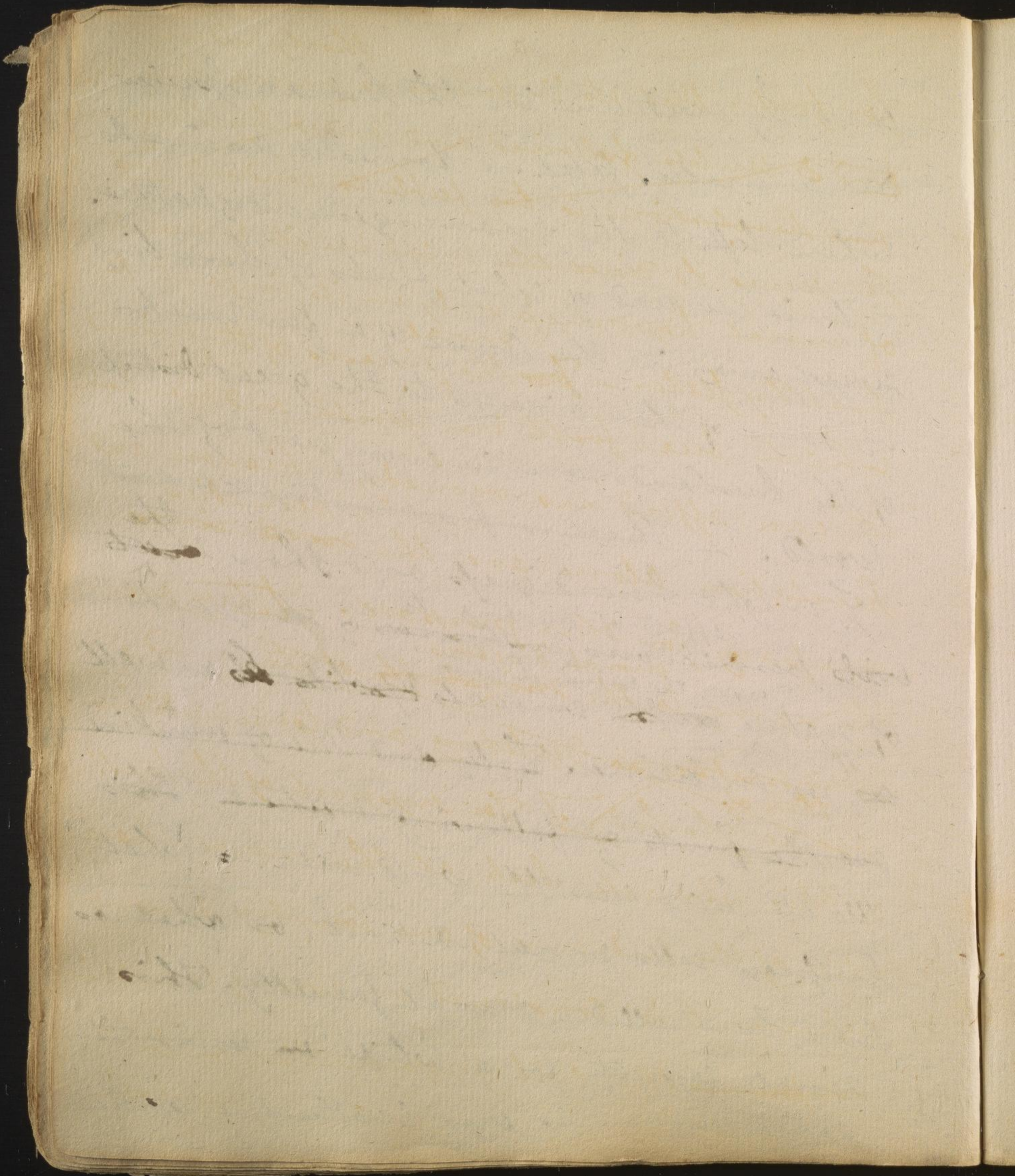
The remarks that have been delivered
upon ^{the} febleness and obliquity of the operations
of nature will receive ~~new~~ fresh support when
we take a view of the diseases of a part of the
we ~~examine them~~ in ~~human~~ ^{animal} ~~animals~~. ~~There~~
brute creation. Here
we behold in many ~~diseases~~ disease & death
to be nearly synonymous. The bilious fever,
wounds, and even the Catarrh so generally

Gentlemen is no exaggerated picture. Be not
alarmed at it. In thus tearing the fringe
from the garment of our Science, ~~I hope~~
I shall not injure that garment, but
hope to surrender it up to you in a
wearer and more durable form than that
which it has ~~derived~~ ^{received} from the idolatry of
our Ancestors in medicine.

[Grade of force ~~in~~ in the operations
of nature in the diseases of both men &
beasts which not only tends to health but
produces it. ~~The~~ I shall call ~~it~~ ^{it} the ~~level~~ ^{level}
~~healing point or level~~
of her operations. It is of the same grade as
a remedy with
to sleep which I said in our physiology
cures light indispositions only, but ~~is~~ ^{is} ~~is~~
refreshing or ~~helpful~~ in violent diseases.]

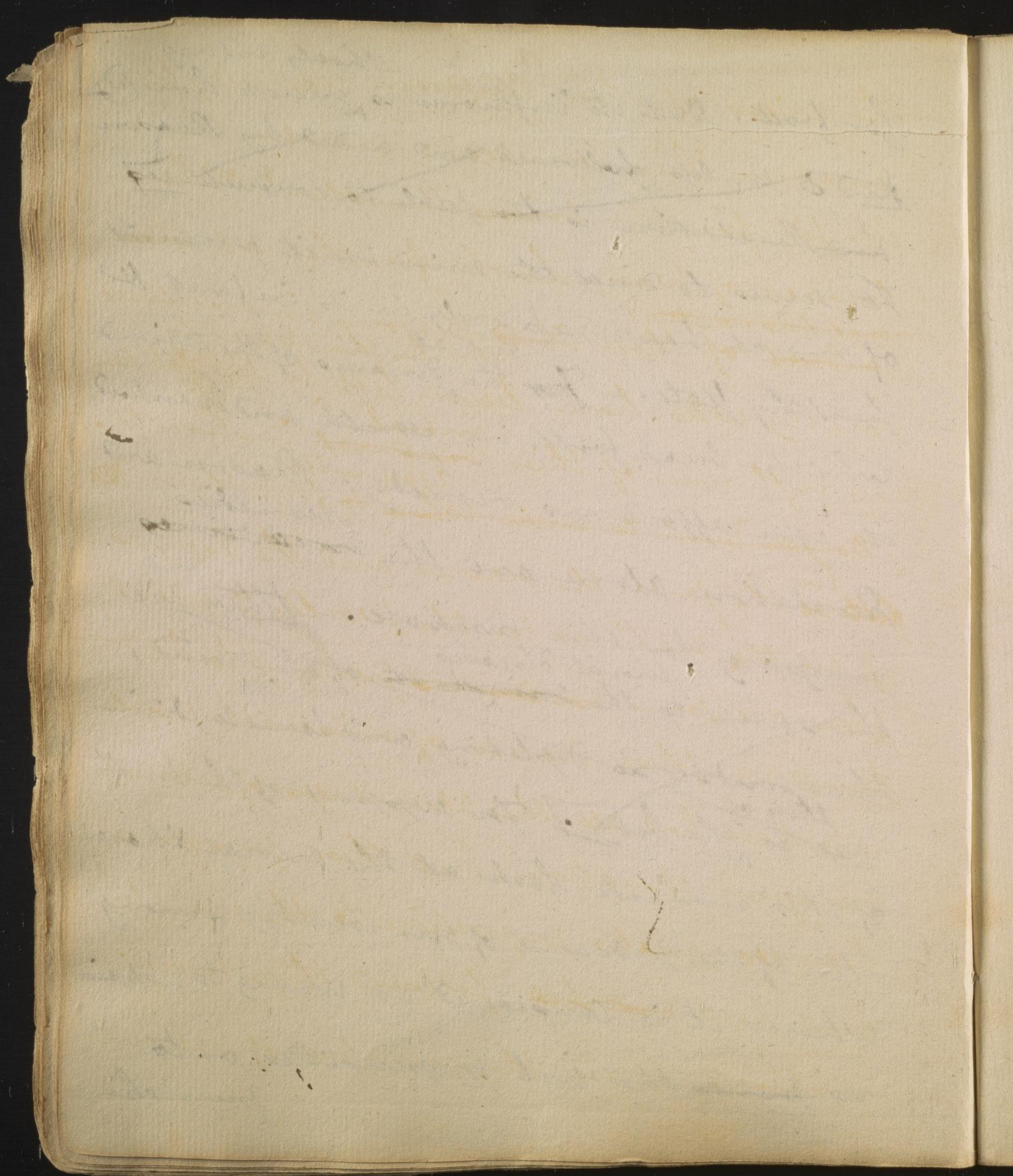
cured by medicine in the human species,
 are generally fatal in domestic animals
 when left to the management of nature.
 - Hence we read of whole flocks of them being
 swept away in the course of a few weeks
 by some of these diseases to the great distress
 of the husbandman in every part of the
 world. - ~~There is I acknowledge a certain~~

I might here digress and show ~~that~~ ^{the}
^{effects of trusting to}
~~the~~ pernicious ~~influence~~ of the operations
^{upon the mind, or upon}
 of nature ~~in the~~ ^{upon the body, or} morals ~~as well~~
~~as~~ in medicine. ~~Salts and Viri of every kind~~
~~are the fruits of following nature~~ This
 We all bring into the world with us what
 Ruffseau calls "moral instinct", or what has
 since been called a moral faculty. This
 innate capacity for a while serves the
 same purpose as our instinctive appetites



for food. But its influence is much limited;
~~and unless~~ ~~guided and aided by Reason~~
~~and Revelation is too feeble to conduct us~~
 It serves to direct the mind in its pursuit
 of moral happiness only in its infant &
 healthy state. — ^{moral} For the diseases of the mind
 which break forth in youth and manhood,
 it can afford no remedy. Reason and

Revelation alone are the ^{remedies} ~~medicines~~
 necessary for this purpose. They are
 the same to the ^{moral diseases} ~~mind~~ of the mind,
 that ~~medicines~~ ^{those of} depleting and tonic medicines
 are to the body. For support of the truth
 of this remark, look at the moral charac-
 -ter of the Indians of our country among
 whom it is considered as wrong to restrain
 or ~~repress~~ the evil propensities, or to
 punish



the vices of their children, lest they should
 weaken their courage, and render them
 less fit for the ~~crimes~~ cruelties & other
 crimes of war. Look further at ~~the~~
~~moral character~~ conduct of those ~~child~~ persons in civilized
 society who have been left ^{by their parents} to the solita-
 ry influence of their ~~natural~~ ^{moral} instincts.
 - Do you wish to know ^{you will} where to find them?
 in the jails, the navies and the armies
 of all the nations in the world. I grant
 there are some ~~instances~~ persons to be
 found in these crowds of miserable people
 who have had all the advantages of a moral
 & religious education, but these persons
 bear no greater proportion to the number
 who have ~~not~~ followed their moral
 instincts, than the number of patients

V the Analogy between the physical remedies
for ^{the diseases of} our bodies, and the moral remedies
for the diseases of our minds. The opera-
^{limited} -tions of erasure in ^{during} diseases, avoid with
the feeble operations of moral instinct,
~~in overcoming the feeble vices and follies~~
~~of infancy and childhood.~~ The remedies of
abstinence ~~and~~ ^{and} rest, ~~and~~ ^{& sweating,} avoid ^{with}
the ^{higher} operations of reason; - while the ~~more~~
^{energetic} ~~and~~ ^{powerful} remedies of bleeding
vomits - purges - mercury - Bark - Cha-
lybeates and wine avoid with the
extensive influence of Religion ^{in curing the diseases}
of the mind.

who die of violent fever in the hands of
 Skilful physicians, ^{bear to the number of} ~~compared with~~ those
 who are committed to the hands of nature.
 I grant further, that we sometimes see great
 perfection of moral Character in persons
 who have ^{had} no other tutor than moral in-
 -struction to direct them, but the number
 of these persons is comparatively as
 small as ^{the number of} ~~that~~ of those who recover of
 violent ~~fevers~~ ^{fevers} ~~who~~ ^{when left to} ~~be in the hands~~
 wholly in the hands of
 nature, and without the aid of medi-
 -cine. — It is agreeable thus to discover
~~how the effects~~ ^{of the operations of nature in medicine,} I might go on, and
 illustrate my ^{her} ~~opinions~~ ^{her} further from the
 effects of following ~~nature~~ ^{her}, not only in
 individuals, but in public bodies: all the
 calamities and distresses of war & bad govern-
 -ment,

✓ In one place we behold debility, palsy,
& emaciation from the pressure of taxes,
- in another we behold those taxes produ-
cing plethora - hemorrhages - and apoplexy.

✓ Call them by what name you will -
whether kings or usurpers - ~~tyrants~~ heroes, or
tyrants - they are ^{all} like the physicians of
the Hippocratic school "naturæ ministri", that
is, the servants of nature.

I return from these ^{analogies or proofs} illustrations of
~~our~~ ^{our} sub^j the destructive effects of following
nature in morals & government, to speak
of them in medicine, and here I shall
only add one as the natural consequence of

that have ever existed in our world, & the
 effects of the ~~to~~ rulers of Nations, following
 nature. They are all in the ~~exact~~ ^{that} state of the
~~human body~~ ^{which I have said takes place in the}
~~human body in violent diseases.~~
 Disease, ~~which has been described.~~ Every

fauety of their minds is ~~in~~ thrown out
 of its place, or ~~unduly~~ and obliquely ex-
 -cited. All their actions compared with a
 Standard of moral order, are deranged. ^V ~~or to~~
 use the words of an inspired writer, ~~they~~
~~in speaking of the iniquitous~~ the nations
 who ~~thus~~ commit the crimes that have
 been mentioned are "drunk", that is, they
 act like drunken men under the influence
 of moral instinct, or to return to
~~the operations~~ the subject of our lecture,
 they act like nature in a violent

V But there are no cases in which it is
proper to follow nature, and there

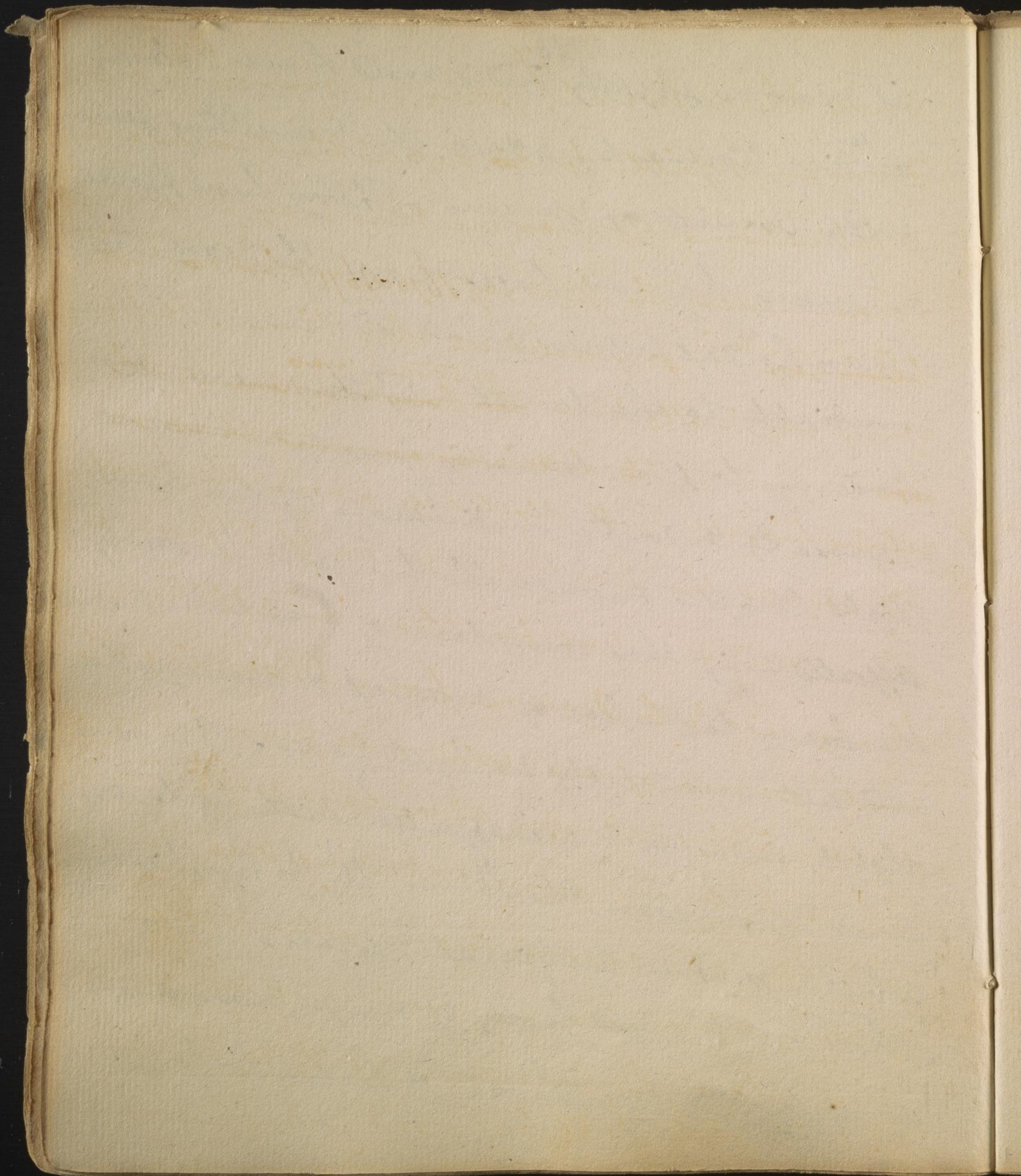
~~But there are~~ no advantages to be
derived from a knowledge of ^{the} ~~the~~ operations
of nature in diseases ~~in~~ in any cases?
yes there are. I shall briefly mention them.

15
What has been said, my advice to you whenever you are
called to persons ill with
a violent disease, always to treat Nature

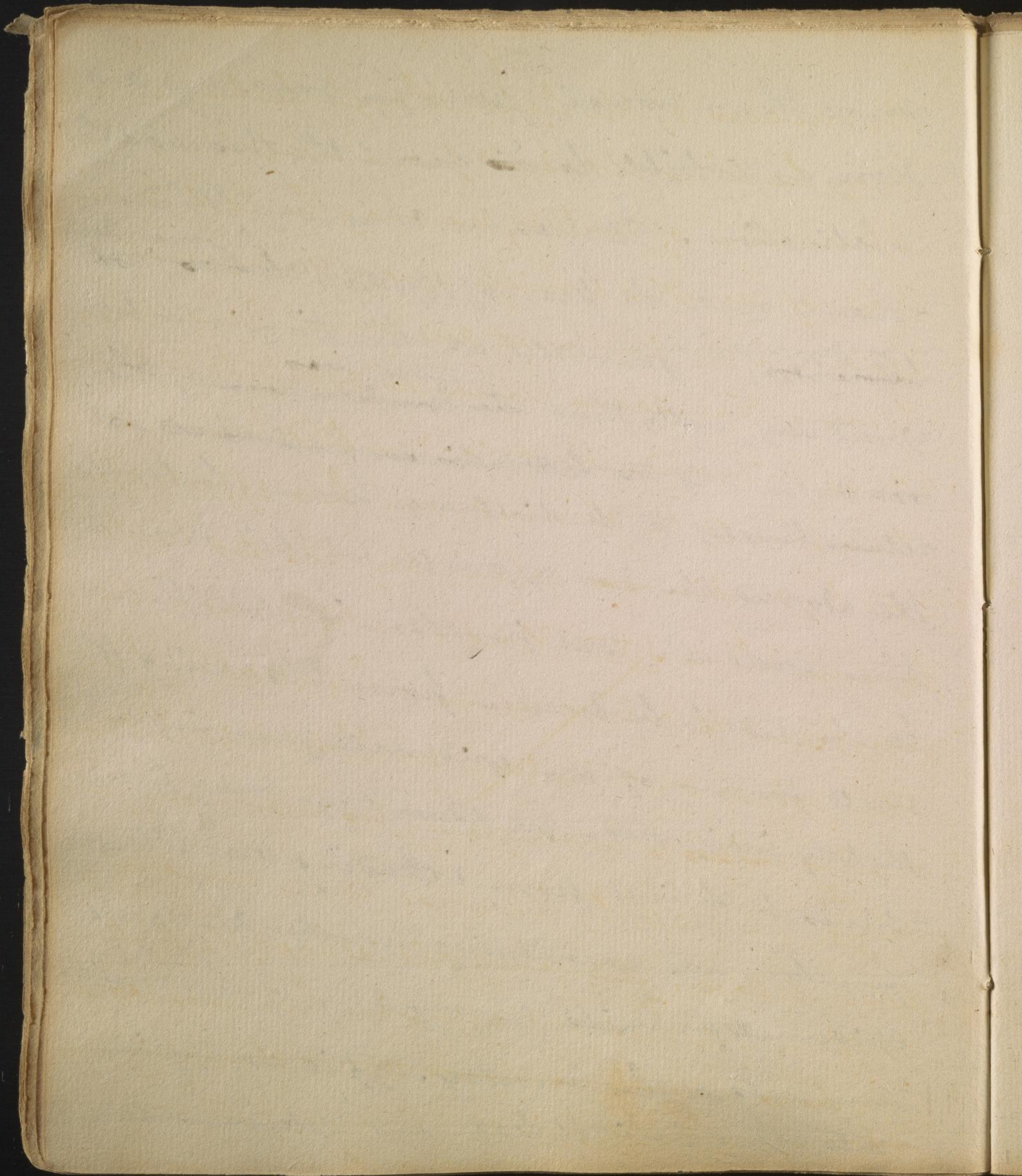
as you would a noisy Dog, or Cat in a
sick room, — that is, turn her out of the
room — and shut the door upon her. —

~~Do thus rejecting the operations of Nature~~
in violent diseases, let ~~us~~ not ~~deny~~ ^{despise} ~~ourselves~~
ourselves of the benefit to be derived from obser-
ving her feeble — ill directed — or disproportioned
efforts in medicine. In the beginning, or during
the prevalence of great and mortal epidemics,
great advantages may be derived from
attending to their symptoms in persons who
are but slightly indisposed, and not so ill as to
be confined by them. This will be best done
by observing those symptoms in Country peo-
ple if the epidemic prevail in a City, and in
persons in high life, if it prevail among
the common people. For example,

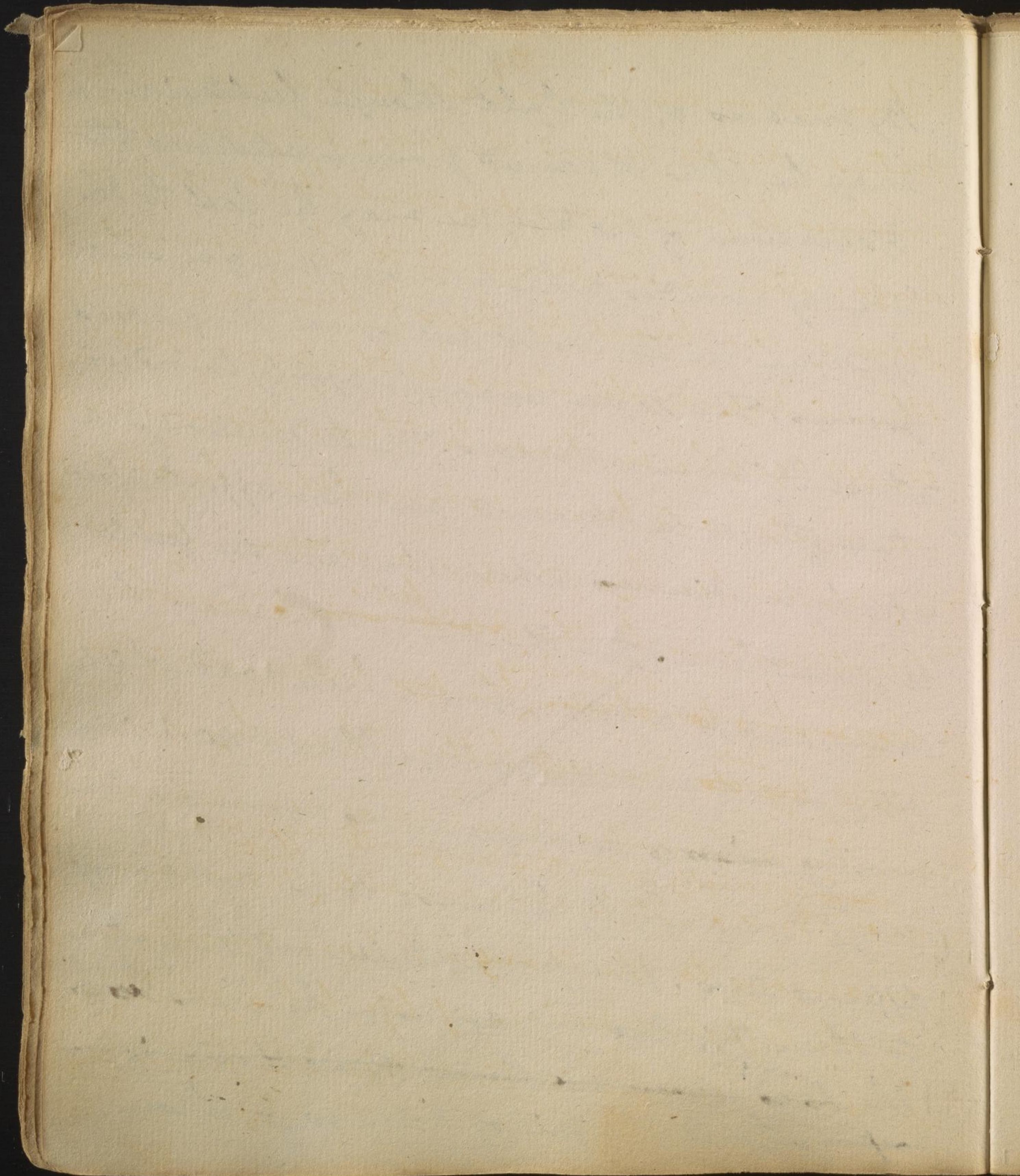
if persons slightly indisposed have colic,
 or ^a sick stomach, attack the prevailing fever
 with vomits or purges - If they have sponta-
 -neous hemorrhages from the nose, he-
 -morrhoidal vessels, or uterine, resort im-
 -mediately to the lancet - If they have a
 tendency to spontaneous sweats - have re-
 -course to sudorific medicines, - If they have
 slight Coughs suspect the lungs to be deeply
 affected - if they complain of head ach - suspect
 the brain to the seat of arterial Determination
 and act accordingly in both cases. If persons
 slightly indisposed are affected with boils, or
 eruptions upon the skin, fly to Applications
 which produce artificial diseases upon
 those parts, and lastly if such persons
 complain of sore throat, & harsh & spirit



more than usual, pour in mercury as soon as possible to ~~dis~~ expel the disease by a salivation. It was in this way Dr Sydenham ^{a number} have met the fever of 1670 & 1671. ~~He has just~~ ^{of dysenteries} prevailed at this time. The symptoms ~~before~~ ^{nature was} proved very justly that ~~the~~ ^{the} ~~evacuation~~ ^{of the} ~~dis~~ disposed to ~~the latter disease~~ ^{to} ~~relieve herself by a discharge from the bowels.~~ He adopted the use of purges in this fever & thus cured it. But further - in addition to the aids to be drawn from Observing the mild forms of an epidemic fever in persons slightly indisposed, An Advantage may sometimes be derived from extending our Views further, and examining whether the same epidemic prevails among any of the Domestic Animals of the Country. If it do, inquire into its principal seat, and determinations.



By means of the light though feeble, which
 may be thus obtained from watching the
 operations of nature, we may be led to the
 use of remedies which may vanquish an
 epidemic in its worst and most dangerous
 forms. The same remarks apply to indivi-
 dual & chronic diseases. The tendencies of Na-
 -ture should be observed, and her efforts asis-
 -ted by medicines when they are too feeble
 to cure them. ~~In short - Nature may be~~
~~compared to a post upon a high road which~~
~~often points out the way we should go, without~~
~~moving ~~steps~~ to accompany us upon our jour-~~
~~-ney.~~ They apply likewise to the diseases of
 different ages. In infancy & childhood, the instincts
 to throw plethora and offensive humors ^{behind} ~~before~~
 the ^{ears} ~~head~~ - ~~then we should thrust them if popu-~~
~~-lar~~ Should the bait of doing so, & throw



them upon the brain, let us divert them to
nature; but let behind the ears. In youth, she
inclines to throw her redundant blood upon the
lungs. There let us divert it to the external
parts of the breast by cups & blisters - and by
stimulating Applications to the Armpits.
In old age she inclines to throw diseases upon
the bowels, and lower extremities - here let
us assist her by purges, and stimulating
Applications to the ~~abdomen~~ ^{feet}. ~~for thus~~
~~appearing to~~ ^{seconding} the ~~own~~ tendencies of na-
-ture ~~by~~ ^{we} succeed better, than by opposing
her by a Counter Current of revulsive
~~remedies~~ ^{very} especially when they are of a mild nature.
It is remarkable ^{that} something
analogous to the changes I have mentioned
in the different periods of life, takes place in
pregnancy. In its first stage the fluids are

V nature in all these cases resembles in
a certain degree a post upon a high road
which points to the way we ~~to~~ wish to go,
without moving to accompany us upon
our journey. —

~~There is however~~

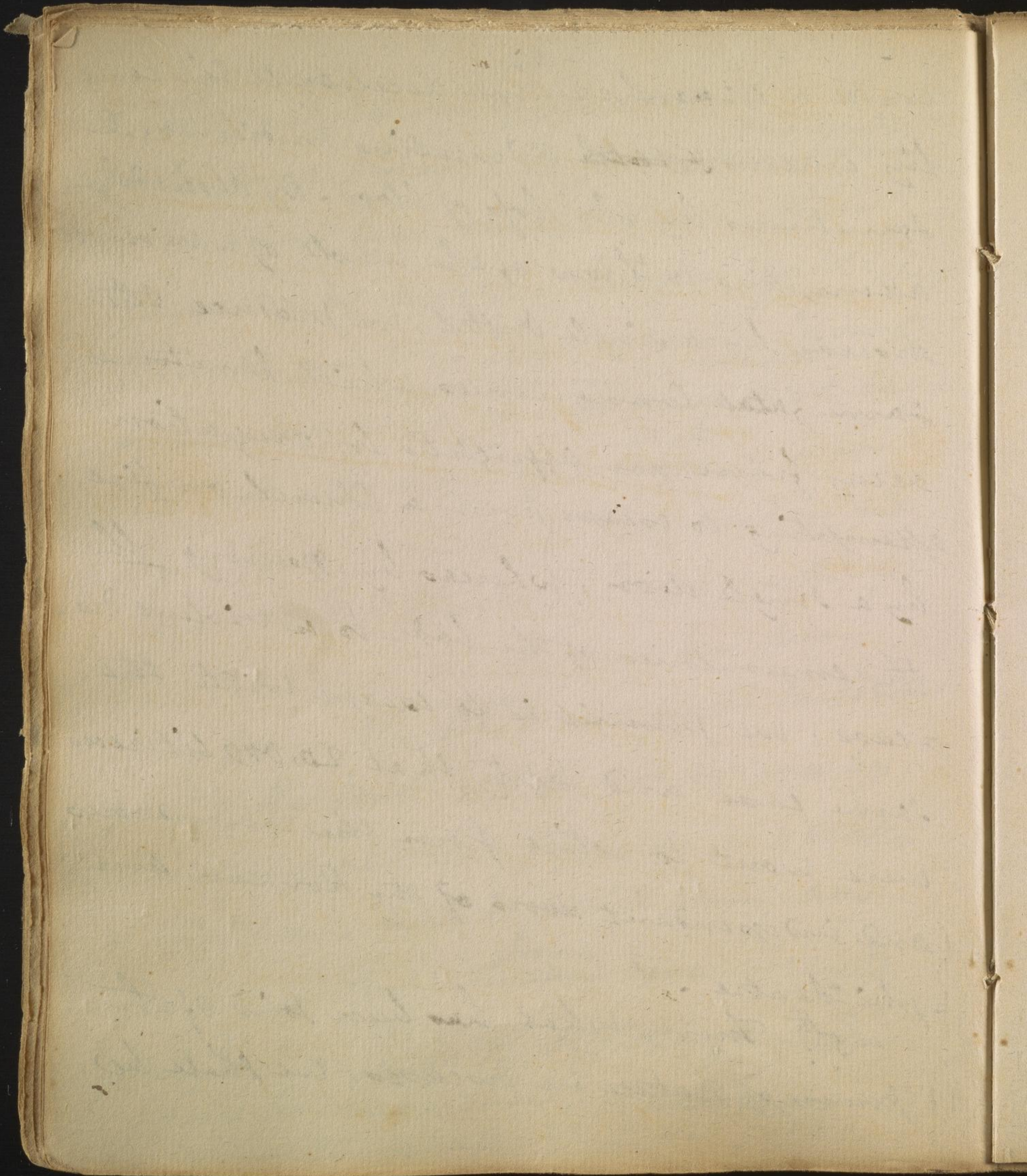
determined to the stomach & head, - in the
 second to the ^{lungs and} bowels - and in its last, when
 the system partakes most of weakness, to the
 lower extremities in which they discover thin
 excruciating pain and Oedematous swellings. ✓

2.^{ly} In observing a disposition in nature to
 throw of a mild disease by a single outlet, let us
 beware how we rely upon ^{that} single outlet in
 such diseases as are violent. It has been said,
 that by opening any other emunctory besides
 that to which nature has pointed, we
 thwart her salutary operations & thus pre-
 vent, or retard a cure. But this is not true,
 and is contradicted daily by the successful prac-
 tice of physicians of every sect in medicine.
 - In a tendency to sweat, ~~we~~ in a phurisy,
 we bleed and purge without opening a salutary
 discharge by the pores. In a fever attended

✓ The predilection of Physicians to one
bullet for a disease, or for ~~a uniform~~ ^{one mode}
of depletion has arisen from their
ignorance of depletion being a Unit. They
resemble in this ignorance the servant
of a ~~man~~ ^{upon hearing his master} who complained that he
he lost a portion of a ~~hogshead~~ ^{cask} of wine
by a spill which he discovered in the
lower part of the cask. "Hold master said
he I don't you see the wine has been
stolen from the ~~top~~ ^{upper} & not from the lower
part of the cask." ~~He~~ Do not suppose by
this remark that I consider it a matter
of indifference ~~from~~ to deplete from any
one emmenstruy. ~~Many~~ ^{Some} diseases yield
only to one class of depleting remedies.
Some to two or more, while some
require them all ✓ =

with a diarrhoea, we accelerate the cure
 by emetics ~~or~~ & sweating medicines, &
 sometimes by the loss of blood. By absurdly
 attempting to throw off the whole of a violent
 disease by a single outlet, we produce the
 same fatal consequences which sometimes
 occur from an affrighted congregation
 attempting to escape from a Church on fire
 by a single door, whereas by opening all
 the exsitories of the body to a violent dis-
 -case, we permit it to escape with the
 same ease and safety that 20,000 citizens
 were wont to retire from the numerous
 and independant doors of the Roman am-
 -phitheatre. V

5th From what has been said of the
 power of nature in diseases, we shall be



able to answer the next question that occurs
 in order and that is how far the longings of
 sick people should be indulged for ^{Drinks -} ~~Aliments~~,
~~Drinks~~ Aliments - Air and exercise. If ra-
 -ture be in a state of Derangement in a violent
 Disease, & if the Seats of this & Hunger are
 liable to ~~be~~ ^{partake of the Delirium of other} ~~be~~ ^{with other}
~~parts of the body~~, the inclinations of
 nature alone should not govern us in
 complying with them. Many thousand sick
 people have been destroyed either without, or
 with the consent of a physician by this
 practice. I admit that now and then cures
 have been performed by yielding to the cravings
 of nature, but this has been only in those
 cases in which the article taken has ac-
 -cided exactly with the state of the System. Thus

✓ second grade of ~~very~~ disease it has been useful,
but in the highest, and the lowest, it has
frequently been hurtful. In every case therefore
when nature sends forth her desires: for
drinks, food, or exercise, we should comply
with, or refuse them according to the state
of the system at the time they are desired.

I shall now deliver a few remarks on
the exhibition of medicines, but I shall
first take notice that all

~~Having~~ ~~detected~~

In the cure of ~~all~~ diseases ~~that things~~
it will be necessary for a physician in
^{all his prescriptions} constantly to keep his eye upon three things
viz: predisposition - the disease itself, and
lastly its symptoms. ^{are} in all his prescriptions
It is the misfortune of medicine that they
often separated, by which means much mischief
- chief is done in the practice of physic. ~~the~~

a Draught of cold taken in the intermediate
 grade of fever has ~~it~~ often induced a salutary
 sweat. ^{Had} The same draught if taken too
~~early~~ ~~or late~~ in a more excited, or
 a more debilitated state of the system, it would
 have done harm. In like manner a slice of
 hair, ~~and~~ ^{or} a beef stake has sometimes turned
 the scale in favor of life in a low fever, but
 it has only been when the fever has
 descended to the lowest grade of typhus, and
 after all ~~the~~ the common medical stimulants
 had lost their effect. Had they been taken sooner,
~~Had it been taken sooner~~ ^{they} it would probably
 have destroyed life. The rule then by which
 we should be governed ~~should~~ in yielding to
~~the inclination~~ Again - we sometimes see
 persons cured by ~~a~~ indulging a desire
 for fresh air, by a ride, or a walk. In the

① will illustrate what I mean by ~~general examples~~
Thus by giving tonics medicines ~~for~~ in an
inflamed fever because the patient has laboured
under the nervous predisposition; we increase
both the fever and its symptoms - again by
~~giving~~ Using depleting remedies in an inflamed
fever without a regard to the predisposition, or
of its symptoms we often deplete too much or
too little,

or we suffer the symptoms to destroy life. Lastly
by prescribing for symptoms only without
a regard to the predisposition or the disease
itself, we suffer the patient to perish, while
he supposes from the relief we give to
his symptoms that he is upon the road
= very. Opium to ease a pain in the side in
the pleurisy have often had this effect. ~~the~~
see (a)

+ The cough in a pleurisy and the vomiting
in the yellow fever, and the spasm in the larynx in the dropsy:
not relieved, by often produce death by their reaction
upon the original disease, or upon the whole
system

(a) I shall now deliver a few rules for
the exhibition of medicines; but I shall
first take notice that all = p: 24

= All medicines ~~from which~~ ^{may be divided into the} ~~include the only~~
 following Classes. 1 such as are Contrary to ~~the~~
 our natural tastes and Appetites, which are
 not easily changed by the powers of the System,
 and which induce ^{weaker or stronger} ~~new~~ Actions either natural,
 or less morbid, and dangerous, in a diseased body.
~~by ^{the offensive} ~~the~~ ^{qualities} which reside in this class of~~
 Medicines seem to have been wisely & kindly
 implanted in them by the Author of Nature in
 order to prevent our using them ^{in healthy} as Articles of Diet,
 or Condiments to our food, and thereby preventing
 their efficacy in sickness. They may all be consi-
 dered as quick or slow poisons of different grades
 from arsenic & opium down to rite & camomile tea.
 2 such as are natural & agreeable to the taste &
 Appetite, but which act by destroying quick, or
 slow poisons commonly called Acrimonies in the
 human body. These are Oils, acids, diluting, and
 demulcent Drinks. Alkalies which act in this
 way are an exception to the general nature of this
 division.

3 such as ~~are~~ are agreeable to the taste &

✓ of them, ~~for~~ ^{to our science} he will therefore do
~~more~~ ^{great} services who upon good grounds
destroys the credit of useless medicines, and
thus expels them from the ^{materia} medica, ~~as~~ ^{than}
he will who discovers a new medicine.
Perhaps the Curtain has dropped upon all
attempts to enlarge the bounds of medicine
~~by~~ in this way, and that all improvements
in the ~~med~~ materia medica will consist
hereafter in discovering the doses - prepa -

Appetite, and act by ^{lifting &} increasing ~~and lessening~~
morbid and natural actions by their nutritious
or sedative qualities. These are ^{our common and drinks} ~~of all~~ ^{aliments}

~~kind~~
as act both agreeably & disagreeably upon the
body in ~~increasing &~~ ^{lifting &} increasing its morbid
& natural actions. These are ~~as~~ warm & cool &
cold air - ^{cold & warm} water - ~~warm & cold~~ and in - exercise &
labor.

In the use of the medicines of the first class there
has been the same luxury that there has been
in other things. Our systems of medicine have added
very much to their number by requiring a differ-
ent medicine for every disease, and a variety of
medicines for the same disease without a due
regard to the different states of the system. The
unity of disease has swept away many hun-
-dred articles of the Materia Medica from our
shops. This number has been still further ^{de-}
-creased by the new resources of medicine in diet -
warm & cool air, cold water & exercise. But
there is room for a still greater diminution ✓

=rations, and precise times of exhibiting

the medicines that are now known &
in the possession of ~~most~~ physicians. ^{p. 25.} E

Why should we ~~prefer~~ ^{prefer} simplicity in Religion,
in ^{poetry} architecture - and in Dress, and not prefer
it in medicine?] Our Science gentlemen

resembles Thompson's Description of ^{his} ~~the~~ ^{female} Lavinia

~~whose~~ ^{beauty} ~~beauty~~. "It needs not the Aid

of foreign ^{For superfluous} ornament, unadorned, adorned

But is, ~~when~~ ^{least adorned}, adorned
the most. E

for fresh Air, by a ride or a walk. In the
 second grade of disease it has been useful,
 but in the highest and lowest, it has frequently
 - by ~~doctors~~ been hurtful. In every case
 therefore where nature ^{sends} forth her ^{desires} ~~claps~~,
 for food & drinks - food on exercise, we
 should govern ourselves by the ~~state of the~~ system,
 should either comply with, or refuse them,
 without the least regard to ~~the~~ according to the
 System state of the System at the time they
 are desired.

I shall now deliver a few rules for the
 exhibition of medicines, ^{but I shall first take notice} ~~and here I shall begin~~
 I select but few medicines by remarking that
 the ^{new} resources of medicine are ^{cool} fresh Air - cool
 & cold water - exercise - and diet. ~~have greatly~~
 and ~~assumedly~~ ~~opened~~ the articles of ~~the~~
~~Malicia medica~~ ~~now in use in our shops.~~

✓ a few ~~prop.~~ medicines selected in the manner
I have mentioned, we shall become better ac-
quainted with their virtues and doses. ^{It was} ~~ordinarily~~
~~was~~ customary formerly to keep patients
constantly under the use of two or three medicines
and sometimes more at a time prepared in the forms
of Julaps, pills, boluses and ptisans. This should be
avoided as much as possible. A painter once wrote
upon a picture in which too many figures were con-
-dled: "Figures to be let." ^{upon a table in} ~~a~~ a sick room crowded
with bottles, boxes, and gally pots it would be equally
proper to write "medicines, and shop furniture to
be sold here" - This practice originated in a desire
to remove the different symptoms of a disease by

Of the ~~let that~~ small number of medicines to which
 our ~~med~~ materia medica has been reduced,
 let them in the ^{1st} place
~~be selected in the following manner. That~~
 consist of all those medicines which have
 been called heroic or energetic, ^{2^{ly}} and of an
 equal number of such of ^{more} are of a feeble
 nature descending gradually down to teas
 made of our common domestic herbs. ~~The~~
~~whole number of them~~ ^{and 3^{ly} let} ~~be~~ ^{be} there ~~three or~~
 four of the same class so as to suit the variety
 of constitutions, and to admit of rotation
 when the system becomes ^{insensible from habit} ~~habituated~~ to
 any one of them. By confining ourselves to
 2 medicines are given in a simple & a com-
 -pound state. upon this subject there have been
 two opinions; The one is that medicines act best
 in ~~media~~ when given simply, the other ^{is} - that
 they do most good when combined with each

different remedies, without recollecting that they all
originated in one cause, and that by removing
that cause, the symptoms would cease, with
the exception of those few cases in which the
palliatives of Opium, and demulcents are necessary
medicines in the hands of different physicians
may be compared to the Roman Alphabet,
and Chinese Characters. The former by being com-
bined in an immense Variety of ways, are made
to express all the words in our language, so the
same medicines by being differently prepared, or ex-
hibited at different times may serve to cure all the
diseases that are subject to medicines, while the
latter by requiring a specific character for every
word, resembles the practice of prescribing a different
medicine for every disease, and every symptom of
a disease, and hence we find there is the same
disproportion between the remedies of a physician
who prescribes a different medicine for the name &
Symptoms of a disease, and a physician who

Other. Both opinions are true. Many of them
 particularly Bark, Opium, Rhubarb, Jalap, salt
 Castor Oil, Wine and Ammonia act powerfully
 when given without any mixture, but it is
 certain many other medicines are improved
 by being compounded. Dr Aker side cured
 several Cancers by a mixture of Corrosive Subli-
 -mate and Hemlock which had resisted the
 Hemlock alone. ^{Opium when combined} ~~while I was a student in~~
 the College of Edin² with an alkali has cured
 tetanus Dystaltz lets its after it has resisted
 the use of Opium in a simple state. While
 I was a student in the College of Edin² an
 obstinate head ache in the Infirmary of that
 city ⁱⁿ which ~~has been~~ Bark & Valerian in suc-
 -cession & rotation has been given without
 effect, was cured in a few days by a mixture
 of both those medicines. In this case a

prescribes for the Unity of Disease, and the state
of the System that there is between the number
of the Chinese Characters & the Roman alphabet.
The former amount to 80,000, the latter to but
four and twenty. return to p: 25.

medicine proposing Different qualities from each
 of them in a separate state was probably
 formed, or perhaps we may ~~account~~ ^{account} for
 the efficacy of the Compounds that have
 been mentioned in another way. Recollect
 the instance I mentioned formerly of a lady
 who could hear conversation only when
 she was within the sound of a Drum. As
 the Drum here excited the ~~lymph~~ Membrane
 tympani to the hearing point, so may not
 the Corrosive Subliment, or the hemlock,
 in the cases related by Dr Whistler, and the
 Opium or Alkali in the case related by Dr
 Shott, and the Bark or Valerian in the
 case which occurred in the ~~London~~ Edin²
 Infirmary, have excited the ^{sensibility & irritability of the} stomach in
 such a manner, as to dispose it to act
 under the impression of but one of the

two medicines that were taken. Take
 either of the two theories I have delivered
 you ~~has~~ please. Perhaps both of them may
 be true. It is certain Sugar & other sweet
 substances enable the stomach to retain
 medicines that would otherwise be rejected.
 The Sugar in this case acts upon the tongue
 and where it excites a pleasurable sensation,
 which ~~predominates~~ ^{Disagrees} over the ^{impression} of the
 medicine. I mentioned formerly that a
 weak pleasure overcomes in many instan-
 -ces a stronger pain - probably by the ^{suscepti-} ~~force~~
 -bility of the system being ^{so much} worn down by pain
 as to feel in an instant the new impression
 of pleasure. Dr Clark has illustrated the propri-
 -ety of combining active, and nauseous medicines
 with Sugar, or other sweet, or mild substances

✓ When combined with a weak one - This
~~was~~ is noticed by Dr Sydenham. Perhaps this
remark applies to all the active stimulating
remedies. But to return

✓ This opinion is founded upon ^{certain} ~~specific~~
~~This and no other~~ ~~remedies~~ ~~in that state~~
remedies acting as I shall say hereafter ~~specific~~
specifically upon different systems,

to enable the stomach & system to bear them
in the following words. "Some medicines re-
quire their counteracts. They are not to be
trusted alone. They are strangers & enemies to
the body, and they require their guides and
guards." — a strong purge operates more certainly

Dr. Fordyce who is an advocate for the
composition of medicines enforces this use
in this form by the analogy of the stomach
which retains and digests certain aliments
most easily when they are combined with
a number of spices. There can be doubt
but that some medicines ^{act more powerfully,} in a compound, than
and do ~~the~~ ^{the most extensive service} in a simple state, but the knowledge of their
~~that~~ relations to each other can only be known by
experience. Dr. Fordyce says he has found several
of the bitters to assist the stomach in retaining
the Bark — that the Sulphate of Zinc added to
the emetic qualities of Ipecacuanha, that

~~Sawant if he's out~~

Cassium & black pepper when mixed, excite
 neither the pain, nor burning in the sto-
 mach which each excites in its simple
 state - that Squills when combined with
 Gum Ammoniac are more effectual in the
 diseases of the lungs than Squills alone, &
 that Alum is a more powerful astringent
 when given with the powder of red Roses
 than when given by itself. Upon these
 Assertions of Dr Fordyce I shall only remark
 that there is more fallacy in the ^{opinions} ~~operations~~ of
 Physicians upon the Action of Medicines than
 upon any other Branch of our Science. Pre-
 conceived hypotheses - ~~a love of the marvelous~~ prejudice - a Disregard
 to the different countries in which Medicines
 are cultivated - to their Ages, to the parts
 of them which are used as Medicines, to
 the forms, and modes of ^{their} Preparation in

to the stage of a disease in which they are exhibited - to the age & constitution of the ~~man~~ patient who takes them, all concur to lead to error in the history of the effects of medicines. To those innumerable sources of error in the character of medicines - there is one more, & that is a disregard to truth. It is the more common and the more to be lamented, as it is difficult, and frequently impossible to detect it. ~~nothing~~ The different & opposite accounts that are published of the effects of the same medicines prove the correctness of these remarks. ~~I shall barely mention~~ To illustrate them further, ^{I shall barely mention} the contrary opinions of Dr. Lordyce, & Dr. Cullen of the effects of Tartarised Antimony, Ipecacuanha & the neutral salts. Dr. Cullen says they do most good service when they excite nausea. Dr. Lordyce

denies this, and says they produce ^{greatest} ~~most~~ re-
 laxation of the Skin and the ^{most} ~~greatest~~ respi-
 ration when they excite no sickness at stomach.
 An hundred similar instances of Contradictions
 might be mentioned taken from the writings
 of the most respectable physicians in Europe.
 The inference from these remarks is, that
 we should endeavour by taking all Circum-
 stances into Consideration to discover by
 faithful Observation what medicines are
 improved by mixture. A wide field is open-
 ed for improving this part of Therapeutics
 or ^{urology} ~~urology~~. on the same thing,
 since we have rejected Empiricism ~~as~~ in
 medicine, and ~~been~~ ^{been} ~~learned~~ ^{learned} to regulate our
 prescriptions by the existing ~~varying~~
 States of the System.

We have thus taken notice of the effects of
 Compound medicines. The transition is natural

from this subject to say a few words of con-
 -spond Councils, that is of consultations
 in the treatment of diseases. They are highly
 useful. 1 because as "iron sharpens iron",
 so one man's understanding sharpens another
 in all the affairs of human life. 2 because
 they begot confidence & hope. The physician
 who is called into a consultation acts by his
 presence with the force & effect of a timely
 and of a reinforcement to a party engaged in a battle.
 upon the mind of a patient. 3 because they
~~have~~ suppress that excess of solicitude which
 sometimes embarrasses the judgment of a
 solitary physician. 4 because they divide
 responsibility, and thereby protect the profession
 of medicine, and of individual physicians
 in an unsuccessful issue of a disease. The cases
 in which consultations should be resorted to,

✓ Cases in which the patient is a ~~man~~
a near relation, or ^a friend of ~~the~~ physi-
-cian. ~~The~~ Affection and solicitude for
such patients ~~usually~~ weaken the judgment,
~~and often~~ by creating irresolution and timidity,
and ~~the~~ render ^{the aid of a} ~~consultation~~ of an interested
physician indispensably necessary. —

are as follow. 1 in all Doubtful Cases.
 2 in all Dangerous Cases - that are not
 doubtful. 3 in all Edious Cases in which
 Confidence is apt to languish in a single
 physician. 4 in all Desperate Cases. Here
 consultations satisfy the patient - his friends,
 and the public. 5 In all Cases in which a
 new and unpopular medicine is judged to be
 necessary. 6 in all Cases in which there is
 a probability of an Appeal being made to a
 Court of justice, such as in ^{Diseases from} Assaults - poisons,
 and Affections of the ^{mind} ~~brain~~ ^{mind}. 7 In all V

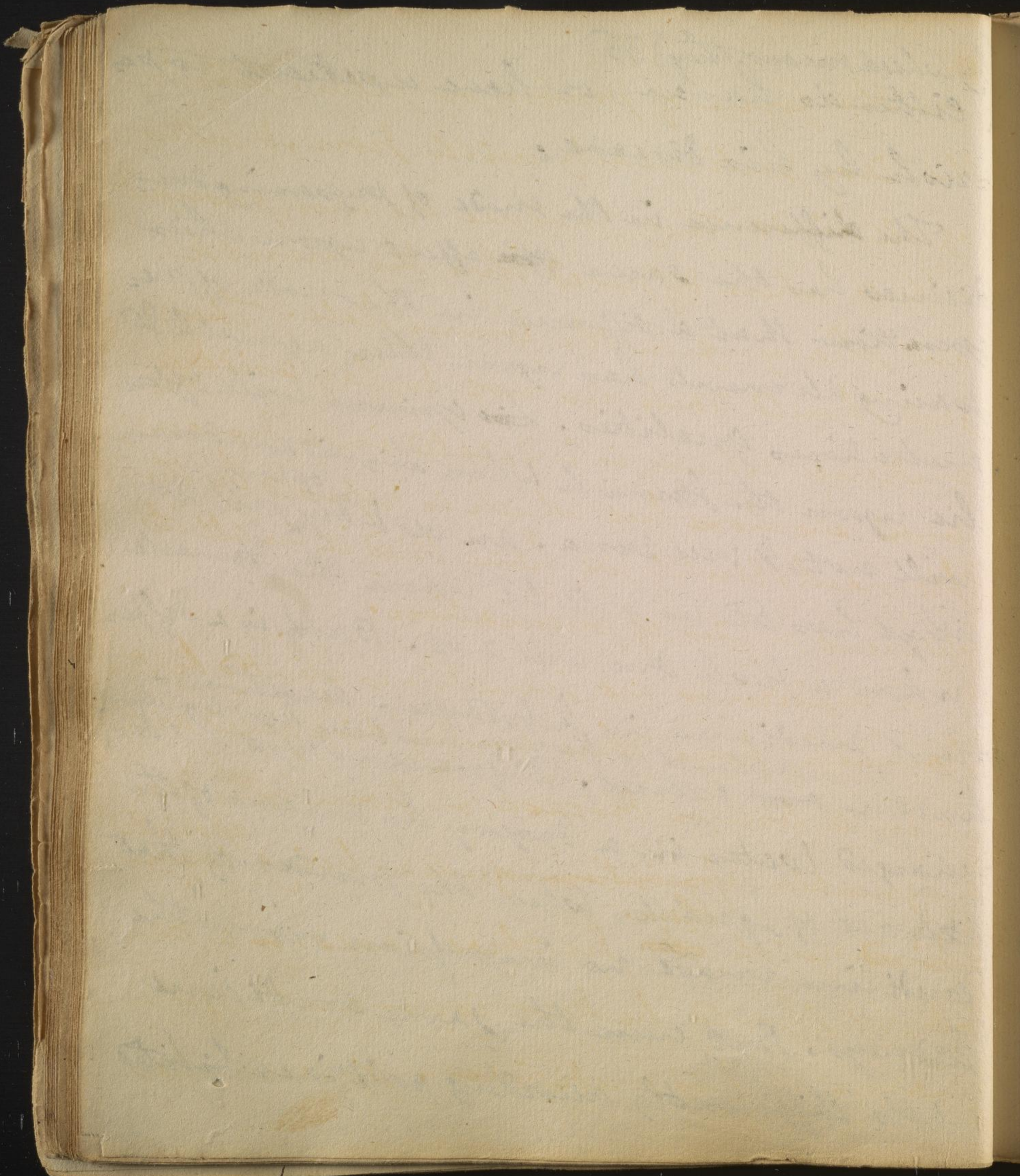
In the Choice of a Consulting physician con-
 =sent only to meeting him whose principles &
 practice are nearly similar to your own. All
 heterogeneous Consultations of physicians of
 opposite principles and practice are like part-
 =nerships in trade. Their Objects are money,

35
and not the life of a patient, & thus and have
been sacrificed to them. The great & good Dr.
Sydenham in the close of his life reproaches
himself with having lost patients by yielding
his judgment in consultations to physicians,
who pursued a mode of practice opposite to
his own. If to yoke an Ox & an Ass ~~in~~ⁱⁿ
the same plough was deemed incongruous,
and forbidden by the Jewish Law, how much
more incongruous must it be to unite
two physicians in a Consultation, who
attempt to cure diseases by medicines
as unrelated to each other, & to the disease,
as an Ox and an Ass? But further, two
modes of practice may be proper if used by
themselves, but which when combined,
are pared down to meet the judgments of
the two physicians who propose them,

[by which means they] 36

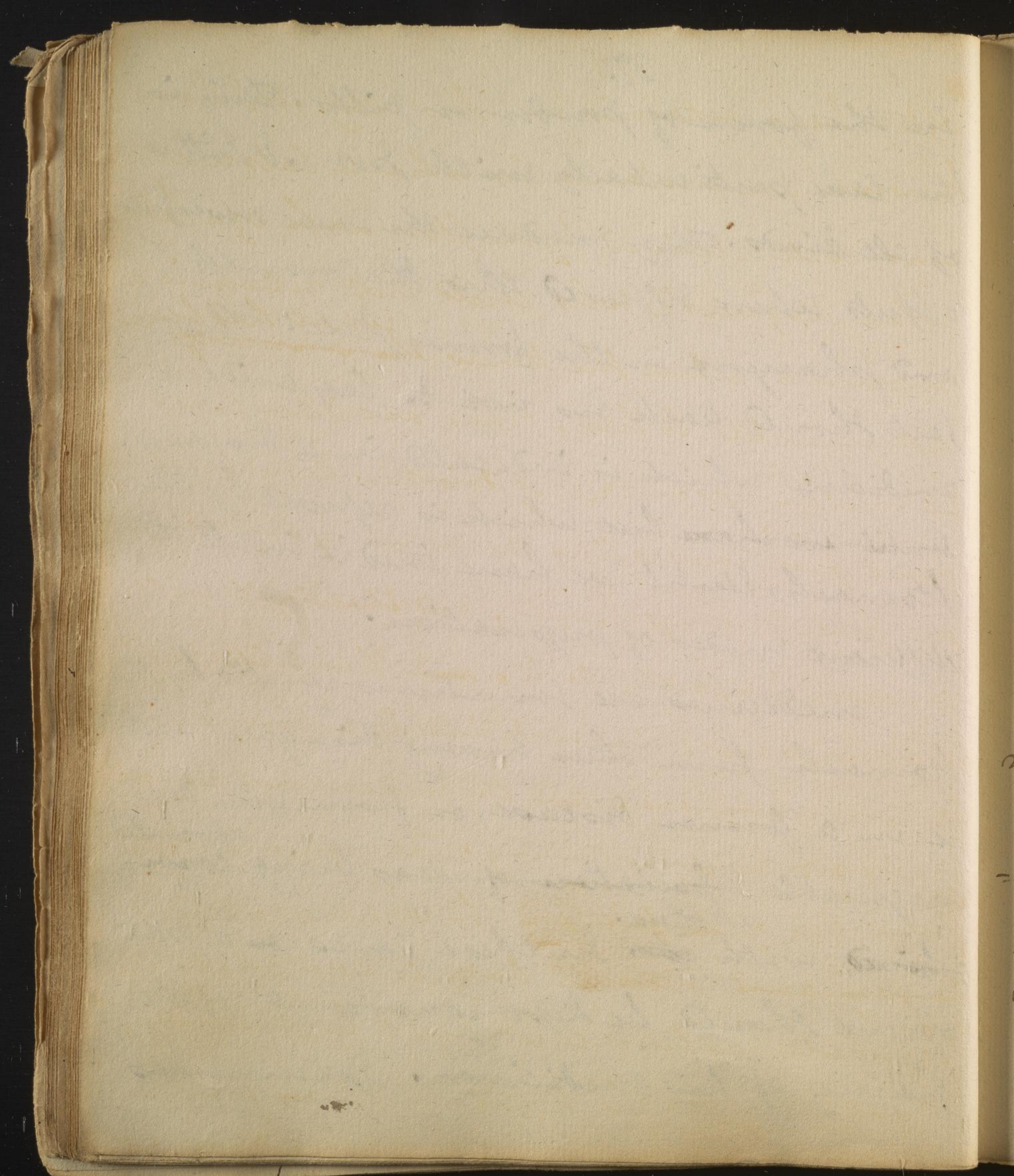
either do harm, or leave a patient to per-
ish by his disease:

The difference in the mode of preparing me-
dicines has the same ~~of~~ effect upon their
operation that a difference in the mode of pre-
paring aliments has upon their assimilable &
nutritious qualities. ~~Liquid~~ Opium will often
lie upon the stomach when ^{opium} Liquid Laudanum
will not, & vice versa. An old & dry pill Dr.
Whyt has told us will lie upon the stomach
when a fresh one will not. Bark is a differ-
ent medicine in substance - direction -
and when it is fresh or has been ^{kept long time}
tincture and extract & De Quaren says he dis-
charged water in a dropper by means of the
extract of Squills, when the powder of that
medicine made no impression upon the
kidneys. But even the same medicine
acts differently according as it is exhibited



in the form of powder or pills. This is the case particularly with Iron, & bitters of all kinds. They produce the most powerful effects when diffused thro' the mouth, and passing in the former state. These facts should teach us not to lay aside a medicine which is indicated in a disease, until we have but which is refused by the stomach, until we have tried it in all its different modes of preparation.

Medicines are sometimes rejected by the stomach from their having disagreed with it in a former disease, or from some disagreeable association of ideas being ^{associated} ~~connected~~ with ^{them} ~~it~~. In these cases, a patient should be kept ignorant of the name of his medicines. Opium has



often been retained in this way, & I have
 known an instance in which Calomel
 was well retained by the stomach of a lady
 when disguised, who could not retain it a
 moment when she knew ^{what had been} ~~the name of~~
 administered to her. There are other cases
 in which ^{an} advantage of another kind will
 arise from concealing the name of the medicine
 we give to our patients, and that is, it will
 increase his faith in it, ~~and~~ This will be the
 more necessary if the medicine be a simple and
 a common one, and the patient not reason-
 -able for his understanding. The influence of the
 principle of ~~the~~ faith in the human mind
 is ~~very~~ great over the body is very great. The
 Scrophula has been cured by it by means of
 what is called the "Royal touch" in the

V ~~Be~~ new medicine or article of diet
should be given as seldom as possible in
the evening. Should it disagree with a patient
it will be less easy to obviate its bad effects
during the night than in the day time.

When you are doing well, do not
try to do better, - or in other words,
when your patient is mending, make
no change in his medicines, diet or
manner of living in order to precipitate
his cure. Remember the epitaph which
a gentleman once composed for himself,
"I was well. I wished to be better. I took
physic - and I died."

Do not leave off the use of

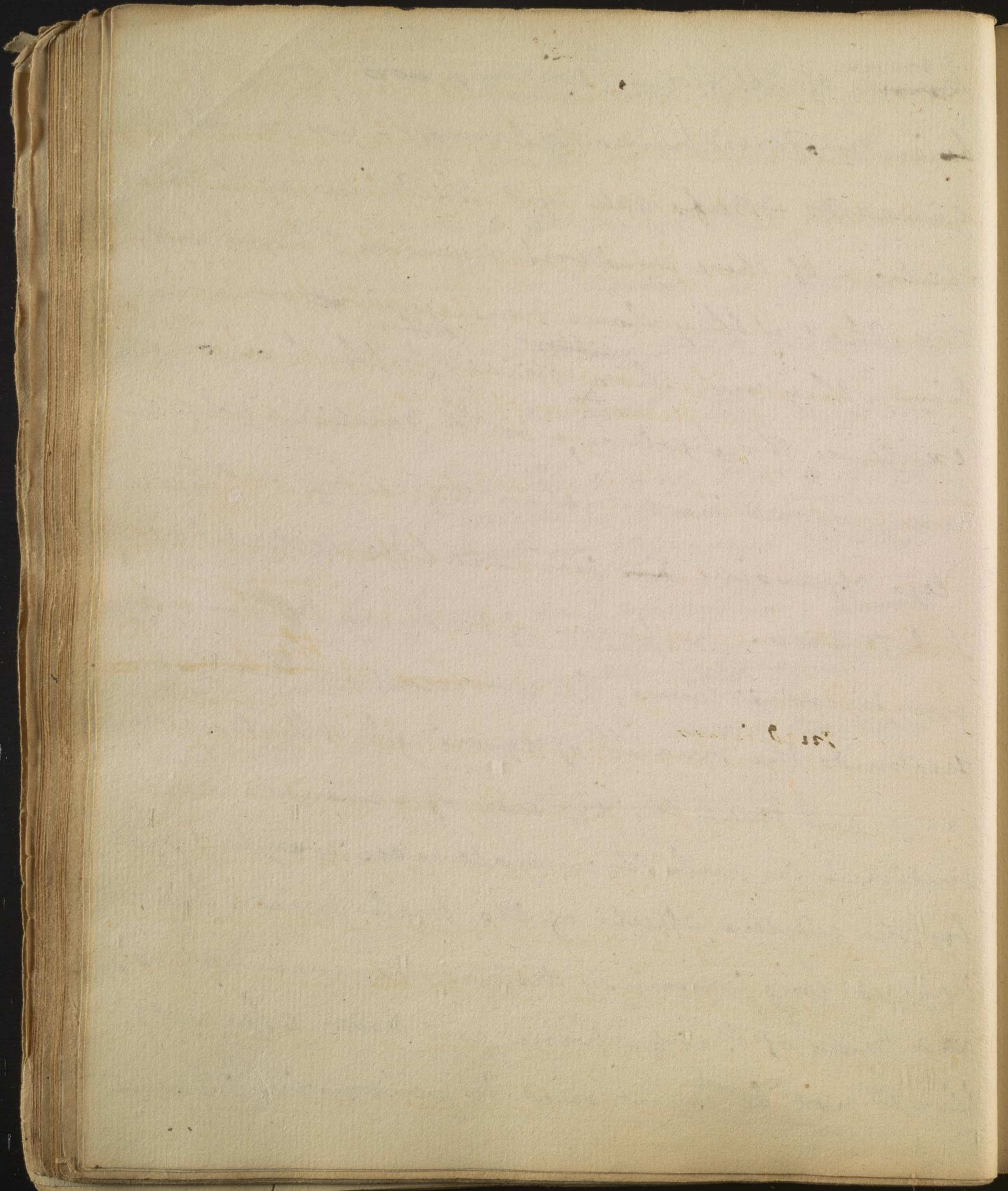
14th & 15th Centuries in England. Gracchus one
 their success chiefly to it. There are again
 persons of strong minds to whom not only
 the names of the medicines we exhibit sh^d?
 be made known, but our whole plan
 of cure. In these persons Reason ^{cooperates}
~~with~~ ^{the} faith foundation of faith, and both
 concur to aid us in all our prescriptions.

V There are two classes of medicines which
 should be ^{rarely} prescribed, ~~as rarely as possible~~. These
 are medicines which shock the prejudices
 and feelings of our patients, ~~by this~~ ^{such as are} and
 very expensive. ~~medicines~~ To the former
 class belonged some years ago, the powder of
 human skulls, ~~of dogs dung~~ known by the
 name of cranium humanum, Dogs dung
 known by the name of album greenum, ^{lice},
 - Lambs blood, - & Cows Urine known by the

of a medicine which you believe from
experience to be suited to a disease because
it disagrees with a patient the first few
times he takes it, or because he appears to
be worse after it. Many medicines are
like bleeding in this respect, they appear
to do harm where they are doing good.

Thus a milk ~~but~~ ^{which is sometimes} is offensive to the
Stomach for weeks and months, and
~~by~~ ^{improves not only}
~~it a perseverance in the use of it~~
agreeable, but frequently cures diseases
which yield to no other remedy. —

~~name~~ of all flower-water, ^{These} ~~and~~ have yielded
 to in modern times to Urnuk - Castor - Chickens
 gizzards - Beef's gall and the Urine of the pole-
 Cat. - of these modern remedies I shall only
 say, that if they have done good, ~~it~~ ^{either} at any
 time, they owe their efficacy, to the honor they
 excite in the system, - or to qualities which
 are possessed in a higher degree by many
 less offensive ~~and~~ mineral & vegetable
 substances. In favor of studying Economy in
 our prescriptions, let us recollect that sickness
 suspends the means of earning & collecting mo-
 ney, and that the efficacy of an expensive
 medicine in such circumstances may be lessened
 by the sedative effects of its high price. Sea
 voyages, long journeys, distant mineral waters,
 and Baths of Bark - wine and ardent spirits
 should not be mentioned to persons in indigent



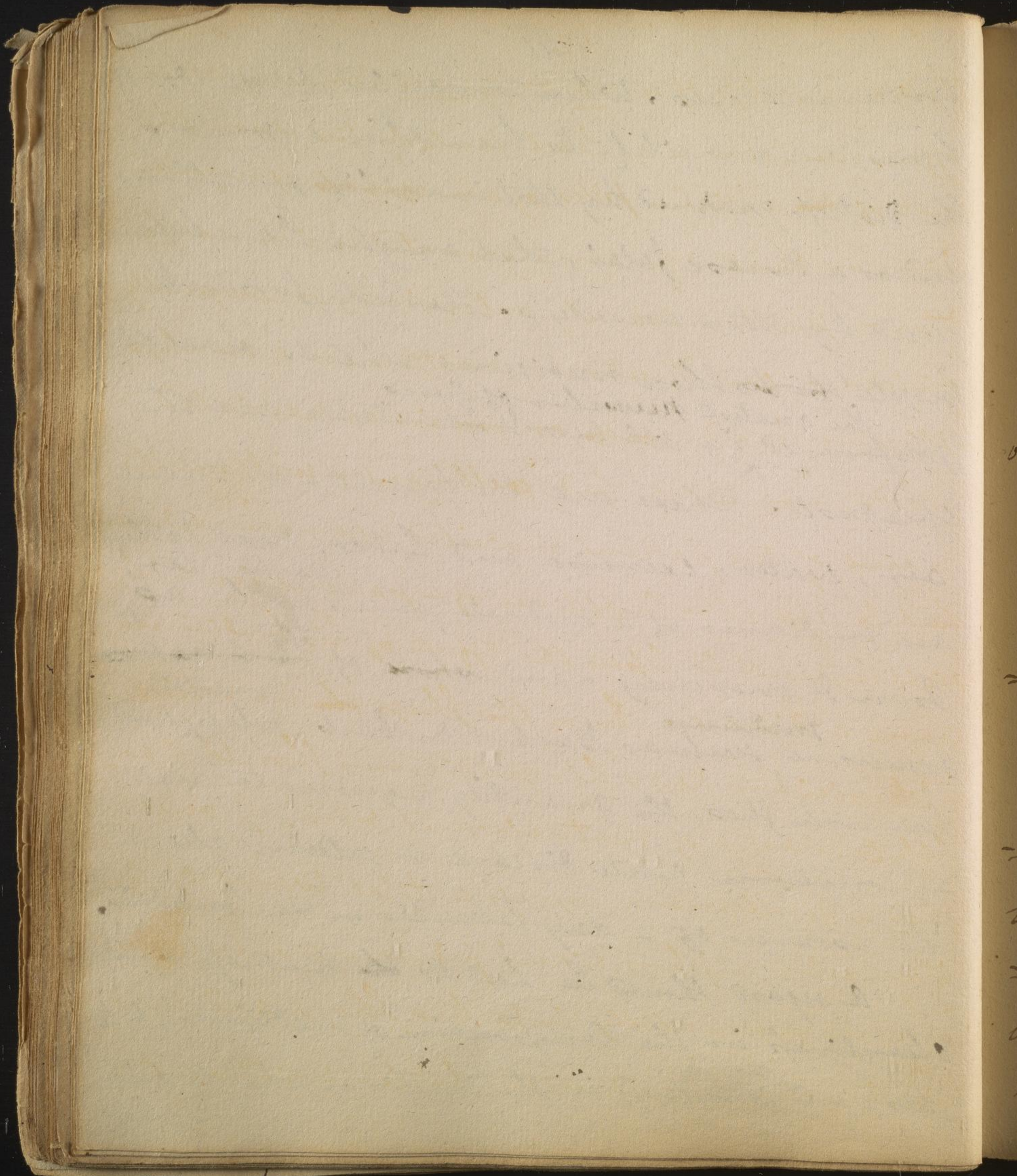
Circumstances, when prescribed, & not adopted from an inability to bear their expense, the distress produced by that inability sometimes renders a disease fatal, that might have been cured by other remedies. Happily for sick

people! ~~the~~ those medicines which have the greatest number of cures performed in all ages & countries, are the cheapest. These are the lancet - abstinence,

air, water, exercise and labor. Next to these are medicines of a moderate price, such as ^{garlic, tar,} Iron & mercury - and ~~others~~ of ^{the} ~~such as~~ ^{mustard} expensive ^{medicines} such as Bark, Rhubarb, Jalap, and Spanish flies, the quantity required to cure a common acute disease, is seldom above

the resources of a day labourer in all countries.

A regard should be had to the neatness, and cleanliness in the composition of medicines, & to taste and correctness in the directions which accom-



them. A label of a red or green, or any other
offensive color - a label carelessly tied upon the
neck of ~~the~~ a Vial - pills of an ~~equal~~ unequal
size, or that are amalgamated with each
other - powders coarsely pulverized, or unequally
divided - and Directions written in a careless,
or illegible hand, ~~with~~ or ~~in~~ in abbreviated
words, - or with bad spelling, or without the
name of the patient inscribed upon them, never
fail to lessen the confidence of a patient in a phy-
sician, and to lessen the effects of his medicines
upon a disease. Even the shops ~~the~~ in which
a physician keeps his medicines should ex-
hibit marks of neatness and order. I once
heard a gentleman express a total want of con-
fidence in a physician's judgment only because
he went accidentally into his shop, and saw
his counter covered with bottles without

✓ They require in many instances their
Condiments as well as Absinents to make
them lie easily upon the stomach, and
even to increase their efficacy.

Locks - and his Scales and weights scattered
over every part of it. He inferred that the
same want of order pervaded the physician's
mind.

~~Medicine~~ The forms of medicines in com-
-mon use are Pills - ~~Drops~~ liquids intended
to be given in Drops, - Pills - powders ~~et~~ -
~~tracts~~ infusions - Decoctions & Plisans.

Boluses and Electuaries are nearly banished
from the Shops of the Apothecaries.

Pills should be taken to ^{upon the dis-} ~~make over~~
-agreeable taste of ^{provided it can be done}
Medicines ~~as agreeable as possible~~ to the ~~taste~~,
without impairing their Virtues. D^r Stahl

Speaks highly of a D^r Shomer who got
into business by rendering his medicines pal-
-atable to his patients. The same rule ^{is more proper} ~~for~~
applied to the diet of sick people. It is a high art
of kindness and humanity to ^{to please} study their Appetites,

✓ "Optima medicina, aliquando nulla
medicina". I know not who was the Author
of this Aphorism, but I am sure he deserves
more credit for it, than the discoverers of
three fourths of all the Articles of the Materia
Medica. It

~~✓ "Optima medicina, aliquando nulla
medicina".~~ The painters say "manum
de tabula", when a picture is finished. ^{nearly} The
same thing may sometimes be said to
a physician in the treatment of disease.
"manum & officina" - that is - "take
away your hand from your Druggs
and bottles." The cases in which this
rule is necessary are 1st where life is suspended
by a single thread, and where the least addition to
~~to the~~ or abstraction from the stimuli which
support it may cut that thread. We some-
times ~~read~~ hear of patients recovering who have
been given over by their physicians. It is be-
-cause they have been left to the accidental ratio
between the capacity of life & the ~~the~~ ^{the} stimuli (a)
that were acting upon it.

by preparing ~~medicines~~ food that will be agreeable to them. a pious lady in this city once said "she would rather make a Cup of Carrot to please the taste of a sick person, than

discover a new planet." — Recollect the pleasure derived from the taste of ~~this~~ food thus prepared, is part of its utility. There are ~~cases~~ ^{diseases} in which it will be useful

to abstract all kinds of medicines. ~~This~~ ^{2nd} ~~is necessary~~ when the disease is reduced down to be the level of the feeble operations of nature,

in which case the most feeble medicine may thwart - or retard - or ^{by} accelerating the actions of nature, produce a new disease.

~~and death~~ ^{It is necessary} when we wish to keep in our patient an exclusive reliance upon ~~exercise - journeys - Baths or mineral waters.~~ - By abstracting medicines from them we "shut them up" as it were to the faithful and constant use of those efficient remedies.

~~2nd when we wish to see what Actions,
nature will ~~make~~ take on, or what
efforts she will make to relieve herself by
Determining Disease to a part of the body,
in which we may most effectually ^{assist} ~~assist~~
or oppose her. By Abstracting Medicines we
favour all Counter currents to the operations
nature. turn back to 3 = p 44~~

~~Where there is danger of patients com-
plaining from the want of Medicines they
should be deceived by bread pills.~~

= A physician in this case should follow the advice an old Clergyman once gave to a young preacher that is "always to leave off when he had done", meaning thereby - when he had exhausted his Subject. -

3 medicines should be withheld, or laid aside when we wish to keep in our patients an exclusive reliance upon exercise, journey, baths or mineral waters. By abstracting medicines from them we shut them up as it were to the faithful and constant use of those efficient remedies. ~~+~~

However ^{minute} ~~trifling~~ these directions may appear to be for ascertaining the time of leaving the use of medicines be applied, ~~that~~ they are highly important, and that the success of your practice will ~~be~~ depend very much upon your attending to them.

